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Sectarian strife intensifies in Iraq

Shiite fighters prepare to take up arms against Sunni militants as a series of deadly explosions rock Baghdad

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Dream-pop duo Say Lou Lou talk about getting wobbly from whiskey and which twin is the evil twin

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MESSI AND CO. GET ARGENTINA OFF TO A GOOD START, WHILE FRANCE DOMINATES AND SWITZERLAND WINS IN DRAMATIC FASHION

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LITTLE PELE IN THE MAKING

Harvard Matt of Team Brazil breaks away from a defender during the Mini World Cup in Ottawa Sunday. Story, page 4. AMY YEE/FOR METRO

Woman rises from street life to earn law degree

U of O. Raphaëlle Ferland, who spent years homeless and struggling with addiction, wants to help the marginalized



TREVOR GREENWAY
trevor.greenway@metronews.ca

Eight years ago, Raphaëlle Ferland was living on the streets with a substance-abuse problem and what seemed like no way out.

But she never gave up.

The 25-year-old woman spent Sunday at the National Arts Centre, dressed in a black cap and gown, ready to walk across the stage to pick up her law degree.

It's something that Fer-

land never expected to accomplish, as she struggled through a troubled upbringing that left her homeless at 16.

"If you told me 10 years ago when I was on the streets, if I would ever be in law school, I would have probably just laughed in your face," said a proud Ferland, who graduated from the University of Ottawa's law program Sunday.

"Whereas today, I'm here."

The troubles began for Ferland at a very young age and didn't seem to get any better until she decided to do something about it.

She fled her troubled home life and spent months on friends' couches and "bouncing around" before ending up on the streets.

Several years later, she made her way to law school.

Her struggles were not over, however — ballooning tuition costs became a real challenge.

"I have worked through it all, but there are still struggles ongoing," she said. "If I compare my life now to even just a few years ago, it's not even comparable."

Ferland wants to draw from her street experience to become a criminal defence lawyer — and a voice for those living on the margins who get into trouble with the law.

And she wants to inspire those looking for a way out of homelessness, by presenting herself as a case study that shows it's never too late.

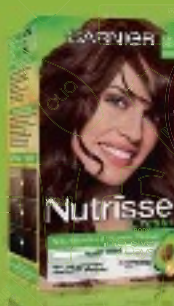
"You just can't give up," she said. "If you want something, there will be so many hurdles in your way. But if you overcome those hurdles, the rewards are enormous."

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Pair of 81-year-olds in hospital after crashing car into house

Steeple Chase Drive. Paramedics aren't sure what caused the accident

TREVOR GREENWAY
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An 81-year-old man and his 81-year-old passenger are in hospital after their vehicle slammed into a house on Steeple Chase Drive and rolled over on the front lawn Sunday morning.

The two occupants were trapped in their vehicle for about 15 minutes before firefighters rescued them.

"I saw the van on its side, then I ran over and they were on top of each other and then I called 911," said Robert Boulet, who was one of the first

people on the scene.

The crash happened around 9:30 a.m. Sunday, but paramedics aren't sure what caused the crash.

"We had a vehicle that had impacted a house and rolled over onto a pine tree. On arrival, paramedics found two patients trapped in the vehicle," said Darryl Wilton, Supt. Operations of the Ottawa Paramedic Service.

"Ottawa Fire Services quickly extricated them from the vehicle."

The 81-year-old female passenger sustained multiple fractures to her leg and soft tissue trauma while the male driver was treated for minor head, neck, chest and back injuries. Both were taken to hospital where they were listed in serious, but stable condition.

Police are investigating the incident.



Two people were injured when their Volkswagen Jetta overturned beside a home at the corner of Steeple Chase Dr. and Woodbridge Cres. in Kanata on Sunday. MIKE CARROCCETTO/METRO

Post-surgery Mike MacDonald still too 'smartass' for anything but comedy



Comedian Mike MacDonald.
THE ASSOCIATED PRESS

Mike MacDonald didn't think he would do his standup routine again.

The renowned comedian struggled with suicidal thoughts and depression in the six months following his liver-transplant surgery in March 2013. MacDonald, who also has bipolar disorder, couldn't remember his old jokes.

But that surgery — to cure him of hepatitis C — has given him new comic material. He's also relearned a few of

his "greatest hits" jokes and performed about 200 shows since his recovery. He's about to hit the stage again at Yuk Yuk's in Ottawa — the city that launched his comedy career. He could not imagine doing anything else.

"I had nightmares about having to take a French immersion course so I could get a job in Ottawa," said the 58-year-old, about his post-surgery recovery. "I was like, 'Oh my God, I've been a smartass

comedian.' I mean, there's no other job I can have. Being a smartass doesn't qualify you for anything else other than being a comedian."

A fast-talking, animated funnyman, MacDonald knew something was wrong two years ago when he started feeling lethargic and slurring his words. He was diagnosed with hepatitis C soon after.

At first he thought he had contracted the liver disease through intravenous drug

use, but he now figures it was through sharing a bloody dollar bill when snorting cocaine at a club in Ottawa in the late 1970s. After his diagnosis, he stayed in the capital and fans raised about \$70,000 to help him out.

MacDonald has since become an advocate for the Canadian Liver Foundation and mental health.

MacDonald's show is June 19-21 at Yuk Yuk's on 292 Elgin St. LUCY SCHOLEY/METRO

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1 NEWS

Fiazza Fresh Fired. New pizza shop serves up 'fast-casual' six-minute pies

There's no drive-thru and no pre-made slices sitting under the heater for hours. But Ottawa's newest pizza shop can dish out a pie in less than six minutes.

Fiazza Fresh Fired at 86 Murray St. has an assembly line like a sandwich shop. Choose a crust (gluten-free or regular), pick your sauce (including basil pesto or Alfredo), a choice of cheese from blue to vegan, and pile on preservative-free toppings such as truffle oil and spicy Italian sausage.

A pie is in and out of the oven in about three minutes.

Fiazza's owners say they're bringing the "fast-casual" pizza-dining trend to Canada. Hungry patrons experience the speed of greasier chains, but with fresh, healthier ingredients. It's like the Chipotle Mexican Grill, but with pizza.

"It's the next step of fast food," co-owner Luigi Meliambro said.

"Everyone is always on the go and that's why McDonald's and all those fast-food chains continue to thrive, but I think the wave is changing," he said.

"I think people still want that idea of fast, but why can't it be good?"

Meliambro owned Cheezy Luigi's locations in Wakefield and Chelsea for six years. But the mom-and-pop style operation became too tiring, so he sold both and took a job as a pizza consultant for a company in New York. He travelled to Chicago, Connecticut and Toronto to advise restaurants on their pie-making techniques.

Apart from discovering the fast-casual trend in the U.S., Meliambro also stumbled upon a specialty oven that looks like a wood stove but fires up on fuel. It cooks pizza with the speed and smoky taste offered by wood, but without the hassle.

He's now a Fiazza shareholder with David Sugarman, a longtime friend, and Steven Lesh. They're hoping to expand the shop nationwide.

Fiazza Fresh Fired officially opened on Sunday. Alcoholic beverages, including wine kegs on tap, are also on the menu.

LUCY SCHOLEY/METRO



Steven Lesh, left, Luigi Meliambro and David Sugarman hold up a fast-cooked pizza without the grease in their new "fast-casual" pie shop Fiazza Fresh Fired. LUCY SCHOLEY/METRO

Petrie Island

New bus route 198 connects to Orleans waterfront

OC Transpo now has a new seasonal bus service that will depart Place d'Orleans and end at Petrie Island waterfront during the weekends and holidays this summer.

Orleans Coun. Bob Monette said the new route is a way to encourage more people to check out the "gem" of a beach.

"This place is often packed — far too often with too many cars, to be honest, because people really don't have an alternative to get

down here," added Mayor Jim Watson.

On days when there are summer festivals — like Haiti en fete and Carivibe — up to 7,000 people can head to Petrie Island. David Mason, a Carivibe organizer, said the new bus line is "huge" for his Caribbean culture festival.

"We always have bus shuttle service for the public and we take on that cost to be able to give it to the public for free, so they don't pay for the shuttle service," he said.

The beachfront remained open more days than the city's three other beaches last summer. Route 198 will start running June 21 from 9 a.m. to 6:30 p.m. until Sept. 1.

LUCY SCHOLEY/METRO



More than 360 soccer players from all across the capital region competed in the ninth annual Mini World Cup 2014 Tournament over the weekend.

DENIS ARMSTRONG/FOR METRO

No small win: France takes Mini World Cup

Leitrim Park.

Tournament, played by boys aged 10-13, has grown significantly over the years

DENIS ARMSTRONG
ottawa@metronews.ca

More than 360 soccer players from across the Capital Region took to the pitch at Leitrim Park over the weekend representing their favourite national

team in the ninth annual Mini World Cup 2014 Tournament.

Hosted by team Brazil, the tournament began on Saturday morning with 360 junior players (boys aged 10-13) constituting 21 teams representing national squads currently competing in the World Cup. Sunday afternoon's final saw France against Germany, with France taking the match 2-1.

It was a chance to taste a little competition and pretend to be their favourite players.

"They sort of adopt a country for the weekend," explained Raz El-Asmar, the tournament's director of player development

and technical director. "Right now they may be pretending, but hopefully in four to eight years, they might qualify for World Cup play."

Like an increasing number of Canadian kids, Harvard Matt prefers soccer to hockey.

The 10-year-old has been playing the beautiful game since he was two, and was thrilled to lend his talents to his favourite team, tournament host Brazil.

"I like soccer because it includes teamwork, it's a good way to make friends, and it's just fun," said Matt, who also plays with his two younger

brothers Arlen, 8, and Sebastian, 4.

Like many of the other parents, Sue Curkovic spent most of the weekend watching her three kids playing for team Croatia. "They love it, they watch it at home and play together. It's a real bonding experience," she said.

FC Capital United Soccer club has been running the Mini World Cup tournament, the first of its kind in Canada, since 2006. Designed to encourage young people to play the game competitively, the event has grown significantly over the years.

Ferrari Fest takes sports-car lovers for a ride



Metro intern Amy Yee takes a ride in a Ferrari at the Ferrari Festival on Sunday. DENIS ARMSTRONG/FOR METRO

It's not every day you turn heads on Preston Street while sitting in a red Ferrari.

For that, you have to wait for Father's Day.

Sunday marked the end of Italian Week and of the city's ninth annual Ferrari Festival, organized by the Ferrari Club of America (FCA) Ottawa chapter.

Event-goers were invited to realize lifelong dreams of experiencing first-hand what the iconic Italian sports-car maker has to offer. A \$50 charitable donation bought

a "Dream Ride" with one of the 15 Ferrari owners at the festival. And for \$75, passengers could choose the specific model they took their rides in.

Scotiabank matched all the donations, resulting in a total haul of about \$5,000, which will be given to Villa Marconi, a long-term care facility in Ottawa.

Giuseppe Castrucci, the festival's chairman, said that it was "fun and scary riding a Ferrari — everything I dreamed about."

An Italian car parade, demo zone and display area were also among the festival's offerings, as well as some new additions to the slate.

"Every year we look to add something new," said James Ternapolski, the festival's marketing co-ordinator, referring to the dragsters, stock cars and open-wheel race cars that debuted at this year's instalment.

"We're broadening the appeal, the scale of the festival every year," he said.

AMY YEE/FOR METRO

Yoga easing tensions inside infamous detention centre

Elgin-Middlesex Detention Centre.

A former probation officer is taking inmates to the mat



SCOTT TAYLOR
Metro in London, Ont.

Behind the walls of the infamous Elgin-Middlesex Detention Centre, where violence and fear is a daily fact of life, one man is trying to make a difference with a mat and some spirituality.

Jeff Hardy has opened the world of yoga to the inmates.

"Mindfulness is the up-and-coming thing in social work," he said, "But it's not really in Ontario yet. It's all over the United States, though."

Hardy goes into the jail every Thursday night, throws down some mats, "and we stretch."



Jeff Hardy, a social worker and former probation officer, says yoga is being embraced by inmates in one of Ontario's most dangerous jails. SCOTT TAYLOR/METRO

Tall and solid with a thick beard and some body art, the former probation officer doesn't look too out of place as he sits with the rest of the inmates.

To get in, he used his con-

nections in correctional services and pitched the powers that be in a Power Point presentation, which seems to have done the trick.

The results, he said, have been tremendous.

A binder full of positive feedback proves it.

The biggest beef, he said with a laugh, was when he showed up and the inmates asked, "Hey, where's the chick?"

"I started off with the kitchen staff at the jail because they're the motivated guys. They want to work and get out of there," he said.

While no one connected with the jail was authorized to talk publicly about it, Hardy said they approve of the program.

Now he hopes to receive funding from the Ontario Trillium Foundation to spread the good karma to prisons across the province.

"The social work I do at my desk, it would take months to get the breakthroughs I get with them after 45 minutes on a yoga mat," he said.

If Jeff Hardy gets his way, yoga will find its way into many more prisons — helping one prisoner at a time.

Online survey. Medicare, peacekeeping top list of Canada's accomplishments

Canadians have handed the Harper government a Top 10 list of the country's greatest heroes, featuring some of the Conservative party's greatest adversaries, past and present.

The list, compiled from online consultations in the run-up to Canada's 150th birthday in 2017, includes Pierre Trudeau, Jack Layton, David Suzuki and Lester B. Pearson.

About 12,000 Canadians participated in the online exercise. A five-part digital form included the question: Which Canadians have inspired you the most over the last 150 years?

The Canadian Heritage Department extracted a Top 10 list. Only one clearly identifiable Conservative appears: Sir John A. Macdonald, Canada's first prime minister, in eighth place.

The list was topped by former Liberal PM Pierre Trudeau, followed by Terry Fox; NDP leader Tommy Douglas; former Liberal prime minis-



Survey says Pierre Trudeau (#1) and Terry Fox (#2) are our top two heroes. THE CANADIAN PRESS

ter Lester B. Pearson; astronaut Chris Hadfield; activist David Suzuki; NDP leader Jack Layton; Sir John A.; hockey legend Wayne Gretzky; and Romeo Dallaire, soldier and senator.

The consultation also asked which accomplishments made Canadians most proud. Medicare topped that list, followed by peacekeeping, then the 1982 Charter of Rights and Freedoms.

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Iraqi Shiites mobilize in response to Sunni militant attacks, threats

Iraq. With blessing of Shiite government and spiritual leader, fighters ready to battle Sunni militants, further escalating tensions

Iraqi police and hospital officials say a string of explosions in Baghdad Sunday has killed at least 15 people and wounded more than 30.

In the city centre, a car bomb killed 10 and wounded 21. After nightfall, another explosion hit the area, killing two and wounding five. The third went off near a falafel shop in the city's sprawling Sadr City district, killing three and wounding seven.

Baghdad has seen an escalation in suicide and car bombings in recent months, mostly targeting Shiite neigh-

Baghdad

While the city of seven million is not in any immediate danger of falling into the hands of the militants, Sunday's events could raise tensions. Food prices in the city have risen, twofold in some cases, because of disruption to transport.

bourhoods or security forces.

Iranian-backed, pro-Shiite militias — with the support of the Shiite-led government and blessing of the religious establishment — have moved quickly to the centre of Iraq's political landscape, spearheading what its Shiite majority sees as a fight for survival against Sunni militants who control territory north of Baghdad.

The emergence of the militias poses a threat to Iraq's unity, planting the seed for

new sectarian strife and taking the regional Shiite-Sunni divide to a potentially explosive level.

On Sunday, an Islamic militant group that captured two major cities last week posted graphic photos that appeared to show its fighters killing dozens of captured Iraqi soldiers.

The pictures on a militants' website appear to show masked fighters of the Islamic State of Iraq and the Levant, or ISIL, loading the captives onto flatbed trucks before forcing them to lie face-down in a shallow ditch with their arms tied behind their backs. The final images show the bodies of the captives soaked in blood after being shot.

The grisly images could further sharpen sectarian tensions as hundreds of Shiites heed a call from their most revered spiritual leader to take up arms against the Sunni militants who have swept across the north.

THE ASSOCIATED PRESS



Shiite tribal fighters raise their weapons and chant slogans against the al-Qaida-inspired Islamic State of Iraq and the Levant in Basra, Iraq's second-largest city, 550 kilometres south of Baghdad. NABIL AL-JURANI/THE ASSOCIATED PRESS

Pro-Russia separatists shoot down Ukrainian military plane; 49 dead



People gather during a rally in Independence Square in Kyiv, Ukraine, on Sunday. Ukraine's new president declared Sunday a day of mourning and vowed to punish those responsible after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.

SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Ukraine's new president declared Sunday a day of mourning after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.

President Petro Poroshenko vowed to punish those responsible. It was a bitter setback for the Ukrainian forces — the deadliest single incident yet in their escalating battle against an armed insurgency that the government, backed by the U.S., insists is supported by Russia.

The downing of the plane drew condemnation and concern from the White House, European leaders and UN chief Ban Ki-moon. Analysts said it could bring a renewed emphasis on increasing sanctions against Russia.

"(This) will refocus attention on the fact that Russia does not seem to be doing very much to moderate the insurgency (or) the cross-border resupply of separatists," said Timothy Ash, an analyst at Standard Bank PLC. "I would expect the focus to return to sanctions next week."

Poroshenko spoke firmly to glum-faced security offi-

Escalating battle

- Nine crew and 40 troops were aboard the Il-76 troop transport when it went down early Saturday as it approached the airport at Luhansk, the Ukrainian prosecutor general's office said.
- Defence Ministry spokesman Bohdan Senyk said the rebels used anti-aircraft guns and a heavy machine-gun to down the plane, while the prosecutor general's office said rebels used an anti-aircraft missile.

cials at a televised emergency meeting Saturday, scolding the head of the country's SBU security service for "omissions" in measures to protect military aircraft.

Luhansk, a city near the border with Russia, is one of two eastern areas where separatists have seized government buildings and declared independence. Ukrainian forces still control the Luhansk airport.

THE ASSOCIATED PRESS

Casey Kasem. DJ, who became king of top 40 countdown, dead at 82

Casey Kasem, the internationally famous radio broadcaster with a cheerful manner and gentle voice who became the king of the top 40 countdown with a syndicated show that ran for decades, died Sunday morning. He was 82.

Danny Deraney, publicist for Kasem's daughter, Kerri, says Kasem died Sunday.

Kasem's American Top 40 began on July 4, 1970, in Los Angeles. The show continued in varying forms — and for varying syndicators — until his retirement in 2009. In his signoff, he would tell viewers: "And don't forget: keep your feet on the ground and keep reaching for the stars."



Casey Kasem
ERIC JAMISON/THE ASSOCIATED PRESS

Kasem's legacy reached well beyond music. His voice was heard in TV cartoons such as Scooby-Doo (he was Shaggy) and in numerous commercials.

THE ASSOCIATED PRESS

JetBlue

Flight diverted after passenger becomes unruly

A hollering, agitated passenger who ignored pleas to calm down spurred a pilot to divert a New York-Las Vegas JetBlue plane to Detroit over the weekend,

according to the airline and a passenger's video.

Flight 211 was headed west from New York's Kennedy Airport when the passenger became unruly, and the captain decided to land in Detroit at around 8:30 a.m. Saturday out of "an abundance of caution," JetBlue Airways Corp. said in statement Sunday.

THE ASSOCIATED PRESS

Follow your gut and your mind when making financial choices



HOW TO ROLL
Alison Griffiths
metronews.ca

Short of owning a crystal ball — and I've never been able to find one that worked — successful investing is about following two basic rules. They won't make you rich in and of themselves but they will prevent you from becoming poorer.

1. Ask questions

Financial advisers of all stripes should consider education part of their job. Unfortunately too many are focused on selling product in a largely commission-based industry. Because of this, investors must be proactive.

There's no such thing as a stupid investment question. The industry is unnecessar-

ily riddled with jargon, and it can take considerable probing to uncover what the bafflegab means.

If you don't get an answer, or don't understand the one you got, ask again. Also, request examples and visual representation of what the advisor is saying.

Sadly, many in the industry don't really fully understand what they're selling. Often they avoid being exposed by making people feel stupid, which only adds to their confusion.

If you don't understand how a product works or what it does to benefit your portfolio, don't buy it.

2. Trust your gut

Without fail, virtually everyone who has ever told me about a investment they regret has also confessed they felt uncomfortable or uncer-

tain from the get-go.

You are far less likely to lose money by not doing something than by taking a leap into the unknown. Considering there's a stock market correction of 20 per cent once every five years on average, do you want to take chances with money intended for your retirement? Don't forget, it can take up to a decade to recover from a downturn.

This rule doesn't mean you should invest based on emotion. Far from it! However, I have seen time and time again that those who trusted a nagging feeling were saved from some very bad investments.

If in doubt, keep your money in a higher-interest savings account and bonds until you are confident of a product or strategy. You might not make much money, but it's far better than losing it.



Financial advisers can't predict the future with a crystal ball, but skilled advisers may help you make your own smart investment decisions. CHRISTIAN SCHNETTELKER/FICKR

Northern Gateway pipeline opponents plot the next move

Resigned to the idea that federal government approval of the Northern Gateway pipeline is probably inevitable, opponents of the project are formulating a plan to make sure British Columbia's politicians remain opposed to it.

For months now, members of the Dogwood Initiative have been preparing for a provincial referendum akin to the vote that forced the Liberal government to repeal the harmonized sales tax in British Columbia.

Should Ottawa give the pipeline the go-ahead by this Tuesday's deadline and the province issues the necessary permits and authorizations, spokesperson Kai Nagata said his group will be ready.

The B.C. government of-

Quoted

"In a perfect world, politicians would do what they say they're going to do and the province of British Columbia's clear rejection of Northern Gateway would stand."

Kai Nagata, Dogwood Initiative spokesperson

ficially declared its opposition to Northern Gateway and told the federal panel reviewing the project that it shouldn't go ahead as planned. When Premier Christy Clark pressed for a greater share of government revenues for the project she said repeatedly that while

the final decision is in the federal purview, there are about 60 permits the province will have to issue for construction to begin.

"So the province could hold construction in limbo indefinitely," Nagata said.

Under provincial legislation, for \$50 any registered voter can apply to Elections BC for a petition on their own proposed legislation. If approved, they have 90 days to collect the signatures of 10 per cent of the registered voters in each of the province's 85 ridings. The petitions are non-binding. If the chief electoral officer verifies that threshold has been met, a copy of the petition and draft bill are sent to a legislative committee. **THE CANADIAN PRESS**

the Nation's capital and giving Metro an exclusive look at what they find out in their Business Confidence Index.

With questions on everything from what impact the city's light rail project will have on the city's business community to what barriers there are to business, and even what the city's celebration of Canada's 150th birthday will do to local businesses,

the survey picks the brains of the city's entrepreneurs. But the chamber is also throwing the survey open to Metro readers.

We'll be looking at the results and talking with economists, local business folk and politicians about what the results say about our economy and life in Ottawa.

You can find the survey at: bit.ly/1vonc9V. **METRO**

Chamber of Commerce

Have your say on Ottawa's current business climate

How confident are Ottawa businesses in the future? What will the job market be like? The Ottawa Chamber of Commerce is taking the pulse of the business community in

PRELIMINARY APPROVAL NOTICE OF PROPOSED SETTLEMENT AGREEMENT WITH THE ATTORNEY GENERAL OF NOVA SCOTIA

TO: *Former Residents of the Nova Scotia Home for Colored Children*

RE: *Elwin et al. v. Nova Scotia Home for Colored Children et al. – Hfx. No 343536*

What is this notice?

A law suit against the Province of Nova Scotia has been conditionally settled regarding allegations of abuse suffered by former residents of the Nova Scotia Home for Colored Children. If you lived at the Nova Scotia Home for Colored Children at any point between January 1, 1921 and December 31, 1989, you may be a member of the Class. Your legal rights may be affected by this settlement. The Settlement Agreement must now be approved by the court.

What are the terms of the settlement?

The Province of Nova Scotia will pay \$29,000,000.00 into a trust account. After court-approved legal fees, taxes, disbursements, and administration fees are deducted, that money will be distributed to eligible former residents in accordance with an agreed-upon plan. You can read the full settlement agreement online at: www.voicesociety.ca, www.at-home-site.org, www.nshccsettlement.com and www.wagners.co.

What are the next steps?

A court hearing to approve the settlement agreement is set for July 7, 2014 in Halifax. You may attend but you do not have to. If you want to object to the Settlement Agreement, Wagners must receive your written objection - by July 4, 2014 OR you may also object in person on July 7, 2014 by appearing at the court hearing on July 7, 2014, to be held at the Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Do I have to do anything right now?

No. You may make a claim after the settlement has been approved. Another notice will be published after the settlement is approved giving more detail on how to make a claim.

Will I have to pay anything?

No. Class Counsel will ask the court to approve legal fees, disbursements and taxes, payable out of the settlement fund. Any such fees have to be approved by the court as fair and reasonable.

How can I get more information?

For more information, contact Class Counsel (lawyers for the settlement Class):

Wagners
1869 Upper Water Street
Suite PH301, Pontac House
Historic Properties
Halifax, NS B3J 1S9
Office: 902-425-7330
Toll Free: 1-800-465-8794. Fax: 902-422-1233
Web: <http://wagners.co>

This summary notice has been approved by the Supreme Court of Nova Scotia.
Do not Contact the Court about this Notice.

A MINOR VICTORY FOR VOTING

Maybe, just maybe, there's a future in this voting thing after all.

Until last week, every Ontario election in which I've been old enough to vote had seen a successively smaller share of electors electing to elect. Last time out, turnout dipped below the halfway point for the first time ever, at 48.2 per cent.

While the picture isn't quite as dismal for Canada, with a nadir of 58.8 per cent in 2008, the trend is depressingly similar. Of the past five federal elections going back to 2000, four of them racked up record-low voter-participation rates. We've made history by just staying home. Yay.

It wasn't looking good for Ontario this year, either. Many complained the campaign was an ugly, negative drag (what else is new?) rife with the kind of intelligence-insulting attack ads that research says tend not to move votes from one party to another but merely to discourage voters from bothering at all.



URBAN COMPASS
Steve Collins

ottawa@metronews.ca

And the lineups at advance polls were a little shorter, a six per cent drop from 2011. (Not a very good indicator, as it turns out. There was a big surge of advance ballots last time around, and it wasn't exactly a sign of an impending rush to the polls on E-day).

But, despite the overall downward trend in giving a crap and a less-than-riveting campaign, a funny thing happened on the way to the polling booth last week. A few more of us actually went inside and did our job, 52 per cent of eligible voters, according to preliminary counts.

I didn't make my own choice with huge enthusiasm, and was even having second thoughts as I went past a rainbow of partisan signs that sprouted with the dandelions this year.

My polling station is in the gym of a neighbourhood public school, and that always serves to remind me what I'm doing, what those X's mean for students, hospitals, highways, public transit.

Inside was a quiet, civilized, respectful reprieve from the past 40 days. The billboards and rhetoric of the people whose jobs depend on the outcome are banned by law from the vicinity.

I did notice one woman clerking the poll who'd been annoying fellow passengers at the local bus stop with unsolicited political rants just a couple of weeks before. She was quietly doing her job.

This is where we ourselves shut up for a minute and decide.

Locally, the higher turnouts seemed to benefit the Liberals most, maybe because of their early and unambiguous support of the Ottawa River Action Plan and a second phase of light rail, maybe because in an economy that's still getting its wind back after a comparatively smaller round of federal job cuts, the PC plan to shrink the provincial public service by 100,000 didn't appeal. You'd have to ask the voters, hoping that they'd tell you, tell the truth, and even, deep down, even know the truth of why they voted as they did. It's more important that they voted, period.

A four-point jump in voter participation is no dramatic renaissance of civic engagement, and it may just be a blip in our ongoing nosedive in performance since 1990, but it's not nothing, either.

I'm proud of us.

ZOOM

Follow Me To ...



The "Follow Me To" series, by Russian girlfriend-boyfriend team Nataly Zakharova and Murad Osmann, is attracting a lot of attention on social media and leading to new opportunities for the couple. COURTESY MURAD OSMANN

Sexy viral photos are well in hand

Since 2011, images of a sexy model leading her significant other around the world have captivated thousands of social media users. The "Follow Me To" series by Russian girlfriend-boyfriend team Nataly Zakharova and Murad Osmann returns with pictures from Hong Kong, where they've been commissioned by the local tourism board.

METRO WORLD NEWS

Accident leads to Hong Kong hire

Thanks to the viral success, Hong Kong's tourism board has hired the couple to promote some of the main tourist attractions across the city, like the Choi Hung Estate. But like many ideas, the project started by accident when during a trip to Barcelona, Nataly grabbed Murad's hand to catch his attention when he was too busy taking photographs.

METRO WORLD NEWS

The future

- The "Follow Me To" project has certainly made a huge social media impact, having garnered more than 1.1 million followers on its Instagram account.
- The couple are hoping to make some snappy travel guides on video, in an effort to allow their followers to get to know them and find out the backstory of their pictures.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 9 in Scene and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

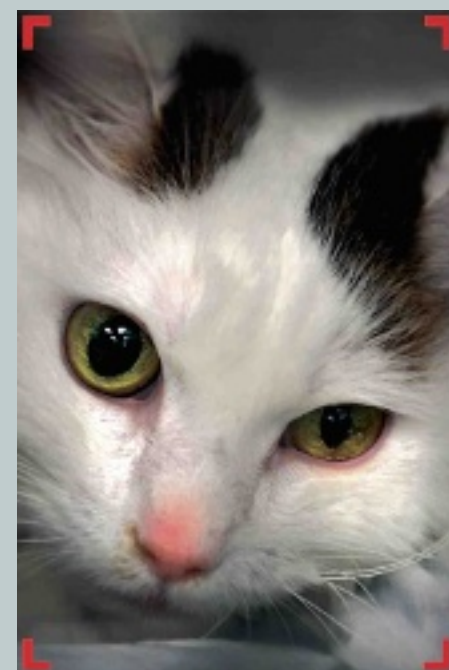
Cat laps up punishment



ANDREW FIFIELD
andrew.fifield@metronews.ca

If you've ever tried to save a couch from the unwanted advances of a cat, chances are a spray bottle was the perfect partner as a bad cop. It's quiet. It's clean. But most importantly, it's effective.

Well, it is at least most of the time, but definitely not in the case of our pal Joey here. For the sake of his people, we're hoping he manages to keep his own nose clean, because the water bottle doesn't exactly seem like a behaviour-modifying punishment for this guy. (Hilary D/YouTube)



JOHN MOORE/GETTY IMAGES

Haven't heard Everything We Touch yet? Scan the photo with your Metro News app to see the video!

Say Lou Lou: Double the sounds, double the trouble from sisters

Symbiosis. Twin dream-pop singers are having plenty of success and maybe a little too much fun

RICHARD PECKETT

Metro World News in London

Miranda, one half of band Say Lou Lou, has recently returned from a short hospital visit after drinking a dram too much whisky at a recent U.K. festival where they supported Kelis. The identical twin sisters — Miranda (brunette) and Elektra (blond) Kilbey — insist that the booze-fuelled post-party session was a once-a-year blowout that they put down to the adrenalin and lack of dinner. Really, they've no reason to explain themselves: the half-Swedish and half-Australian musicians have every right to be on a high with their EP Everything We Touch dropping to the applause-like click clatter of keyboard pundits.

That said, the singer-songwriters aren't the type to believe the media hype: They've been grounded in the fickle music industry since birth with both parents fronting bands — Karin Jansson (Pink Champagne) and Steve Kilbey (The Church). Here, the 23-year-old dream-pop duo, who trade sibling snipes faster than a rap battle on speed, come to Metro for some therapy on the run-up to the release of their debut album, due out this fall.

It sounds like you had a good night at the Great



Elektra, left, and Miranda Kilbey. CONTRIBUTED

Escape festival.

Miranda and Elektra Kilbey (together): We opened for Kelis, it was so much fun. It was a really good night.

Miranda, what happened to you?

Miranda: Ugh, yeah, I fell over and hit my head after the party and that was my own fault. It was Jameson's fault.

Jameson... the whiskey?

Miranda: Yeah [laughs].

Your night sounds very rock 'n' roll.

Miranda: Everyone says that, but you're like no, but yeah, but no, but...

Is it just a bit grubby?

Miranda: Yeah [laughs].

It seems like you've spent most of your lives on tour. Where do you call home?

Elektra: Honestly, we've been in London the most. We had two flats but we don't now because we have so many festivals this summer and it's going to be like in and out with two days here and one day there. We're really craving a base now. The amount of time spent sleeping on couches and hotels is getting ridiculous.

Miranda: Yes. It's ridic. We're constantly on tour. It's weird, I feel like we didn't wash our clothes for two weeks. We were walking around with dirty socks; I feel now that I need someone to look after me a bit.

Were you feeling a bit homeless swigging Jameson with dirty socks?

Miranda: Yes

Elektra: Miranda, we were staying in a hotel!

Miranda: I still felt homeless because all our stuff was dirty and nobody was looking after us.

Miranda, you're the older twin, so shouldn't you be the more dominant sister?

Miranda: I'm a very strong four-minutes-older, but Elektra is the more strong-willed and stubborn one. But I'm the kinder sister.

Elektra: She is not the kinder sister; she is the wimpier sister.

Miranda: I'm not wimpy,

Elektra.

Elektra: I wouldn't say wimpy, but I would say soft-hearted. She is more sensitive and emotional.

Miranda: Elektra, you are cold-hearted. She judges people too quickly.

Elektra: It's called human instinct and I follow it.

Miranda: If people make mistakes like I did last week, she makes you feel bad about it.

Elektra: This isn't Dr. Phil-style therapy, Miranda.

Miranda: This is Dr. Rich.

This is quite a strange dynamic. So who's the evil twin?

Miranda: Elektra.

Elektra: I'm not an evil person. If you have to make one evil and one good, then I guess I'll be the evil one if that means being great, determined and strong-willed.

Do you have a twin form of non-verbal communication?

Miranda: Yes, facial expressions. Elektra does this wide-eyed face and bounces her head to tell me to shut up.

Elektra: And when we're hanging out with people who are annoying or we don't like, we give each other glances and we hate them in our heads. Unfortunately, Miranda, we can't see each other, so we can't tell each other how annoying Rich is, but I guess we'll do it later.

2 SCENE

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Ben Affleck. ALL PHOTOS GETTY IMAGES

Gambling is the lesser of Ben's evils

Maybe Ben Affleck's gambling problem isn't such a problem, as wife Jennifer Garner is reportedly standing by him despite taking issue with his casino habit, according to Radar Online. "Jen is happy with Ben gambling because she feels like it keeps him focused," a source says. "The alternatives are

working, gambling and spending time with family or out on the town partying. Gambling replaces that last option. He's either working or gambling. His free time is non-existent. Now she has that rein on him, and gambling keeps him in check."

METRO WORLD NEWS

That's Dame Angelina to you

Angelina Jolie, actress, director, activist and now Dame received the title from The Queen in the annual list of birthday honours this weekend. Jolie was recognized for her work fighting against sexual violence in war zones. "To receive an honour related to foreign policy means a great deal to me as it is what I wish to dedicate my working life to," Jolie says in a statement. "Working on the Preventing Sexual Violence Initiative and with survivors of rape is an honour in itself. I know that succeeding in our goals will take a lifetime and I am dedicated to it for all of mine." Daniel Day-Lewis and



Angelina Jolie

Downton Abbey star Maggie Smith were also recognized Sunday. METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Have they found love in a hopeless place?

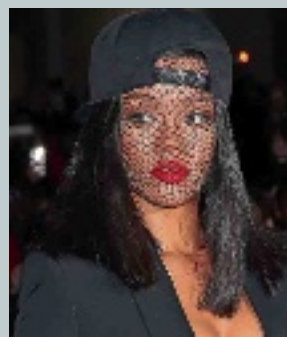


STARGAZING
Malene Arpe
scene@metronews.ca

What could it possibly mean that Rihanna and Chris Martin went out to dinner together? 1) They're having a torrid love affair. 2) They are working on a musical collaboration. 3) Gwyneth Paltrow told them to so that she may post a GOOP entry about consciously coupling her ex with another conscious being. 4) They were hungry at the same time.

Jennifer Lopez's now-ex Casper Smart reportedly didn't want to be known as "just her boyfriend." Henceforth, then, he shall be known as "just that guy who used to date a really hot superstar and now delivers your pizza."

Brad Pitt wears an adorable T-shirt with a drawing of himself and Angelina made by one of their children. That explains why Gwyneth Paltrow this past week was heard yelling "What's wrong with you? Why don't you love me? What am I supposed to tell your trendy new stepmom, Rihanna?" at Apple and Moses.



Cressida Bonas, who dated Prince Harry and was this close to becoming a princess if she would have just bothered to comb her hair, has been cast in a movie starring Judi Dench and Matthew Morrison. She'll play the girl who loads the pizzas into Casper Smart's car.

Performing at a concert, Miley Cyrus flung away a cardboard cut-out of Selena Gomez's face while singing the song FU. Calm down, everyone. It's not a feud or anything. FU stands for "Fly, Unbelievably beautiful friend person. I Fove U so much."

Kate Hudson says that "people have a right to [feel betrayed]" by her exes Lance Armstrong and Alex Rodriguez's predilection for performance-enhancing substances. She, on the other hand, is just happy no longer being asked to "pick up my prescription from Doctor Pills down behind the dumpster while I look at my glutes in the mirror."



Lana Del Rey

Lana Del Rey wishes she was dead

Her last album was called Born to Die, so maybe we shouldn't be too shocked by Lana Del Rey being exceptionally morbid, but her latest proclamation is sounding some alarm bells. "I wish I was dead already," she tells the Guardian during an interview after comparing herself to some late heroes like Kurt Cobain and Amy Winehouse. When the interviewer tries

to get her to take back the outrageous statement, Del Rey counters with, "I do! I don't want to have to keep doing this. But I am." So what's this "this" that she doesn't want to keep doing? "Everything. That's just how I feel. If it wasn't that way, then I wouldn't say it. I would be scared if I knew [death] was coming, but ..."

METRO WORLD NEWS

May The Force be with Harrison Ford

Harrison Ford's injuries on the set of the new Star Wars movie may be more severe than producers are letting on. While Ford reportedly hurt his ankle on the London set and is recovering, sources tell the Sun that there's a lot more to it. "We were told he had some pelvic injuries and may have had a chest X-ray," says a source, adding that Ford was airlifted to Oxford's John Radcliffe Hospital after a piece of the Millennium Falcon unexpectedly fell on him. "There's talk his ankle is actually broken. And he may



Harrison Ford

still be in the hospital. The cast is livid. They are openly questioning the safety of sets. They've asked for everything to be triple-checked." Ford's wife, Calista Flockhart, has reportedly rushed to London to be by his side while he recovers.

METRO WORLD NEWS

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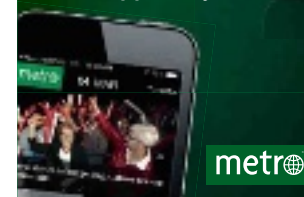
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It takes guts to stop being a duck stuck in a financial rut

Changing bad habits.

If you want to build a financial safety net, you must start by opening a savings account



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Are you stuck?

From time to time I meet folks who are determined that they can't change their financial circumstances. Take Anna. She's got a job that pays her about \$12 an hour, a \$15,000 student loan and a couple of credit cards with balances. She can't see any way out of her current circumstances. Anna is one duck stuck in the muck. And she's among a flock of people so convinced they can't that they don't even try.

I believe that a lot of the problems people have dealing with their money stem from the simple Law of Inertia. The Law of Inertia says that a body at rest will remain at rest until some force acts upon it. And a body in motion will remain in motion. It is so much easier to maintain the status quo than to change.

Financial inertia is an epidemic. In an experiment conducted in Britain, the Brits' financial inertia was so great that the majority of people wouldn't even bother picking up a free £5 note if it were offered to them. What possible difference could £5 make?

Hey, if you don't mind being the duck that's stuck, no prob. Just stop your whining. But if you're determined to do



Are you a duck trying to stay financially afloat in a sea of debt? ISTOCK

something differently so you have a different outcome, you must start somewhere. You cannot save \$10,000 until you save \$1,000. You cannot save \$1,000 until you save \$100. You cannot save \$100 until you save \$10.

If you want to build a financial safety net, you must start by opening a savings account and creating an automatic savings program. If you want to stop spending money you haven't yet earned, you must stop carrying your credit

cards. You must change what you are doing or not doing, to something that works for you instead of against you.

I love change. Change is exciting. Change brings challenge, learning and a sense of the new. Change is full of promise. Change is audacious. It takes guts to change. It takes real guts. And guts are something that seem to be in short supply. If you have them, you'll make it. If you don't, so sorry: No guts, no glory.

So the question you have to

ask yourself today is this: Do I have the guts to change?

If your answer is "no," then don't waste your time whining and beating yourself up. You've made your choice, live with it graciously. But if you are brave, and ready to commit — if the answer is "yes" — then what are you going to change today? What small step will you take to move you from being at rest to being in motion? What will you do (not think about, not plan, not worry about, not whine about) to change what

your life looks like?

It doesn't matter whether you're old or young, rich or not-so-rich, highly educated or not. All over the world — and right here at home in Canada — people are woefully unprepared to handle their money. The problem is so huge that the Canadian government stepped in to see if it could help. After months of consultation and a fancy report, we got ... nothing. Zip, zero, zilch. Why? It seems nobody understands where to start.

Truth is, financial responsibility is our responsibility. There is no magic can-opener that will open up our skulls and pour in the information we need to know to be financially literate. And all the knowing in the world won't do a scrap of good if folks aren't prepared to do something.

So where do we start? With some hard work and the determination to make a plan and see it through. But only those folks with a stomach for facing reality will succeed.

If you've been feeling out of control — even desperate — rest assured, you are not alone. Now you have to decide if you have the guts to change. Decide that today is the day you'll do something different. It can be small. No one is asking you to move a mountain ... well, not in one push. Don't even know where to start? Head on over to www.mymoneymychoices.com and sign up. You'll be given a road map designed to build your financial literacy along with strengthening your financial foundation. Small steps forward will get you to where you really want to be.

You can put inertia to work for you. Or you can just remain one duck stuck in the muck. You decide.

Same-sex. Couple launch website to help gay dads

When Brian Rosenberg and Ferd van Gameren first brought their adopted son home, the couple headed online to find other gay dads who could share similarities to their new experience — only to come up empty.

Recently, the couple launched their website *Guys With Kids* — an online com-

munity for fellow gay dads.

As Toronto prepares to play host to World Pride festivities later this month, *Guys With Kids* co-founder Jonah Arnold said they've been thinking of families visiting the city and highlighting activities that would be of interest — both connected to and outside of the event. **THE CANADIAN PRESS**

Psychology of food

Study sheds light on food cravings

According to recent research published in the journal *Psychological Science*, that last bite of food is a pure taste sensation that will instill a lasting memory of the food in question and determine when you'll crave it again.

THE ASSOCIATED PRESS

Study. Researchers say white bread beneficial

The whole-grain craze kicked white bread into the ranks of junk food, but new research says to eat up and savour every pillowy bite due to the beneficial gut bacteria it promotes.

In a pilot study, a Spanish research team from the University of Oviedo in Spain concluded that the defamed staple encourages the growth of bacteria that actually protect against

disease rather than cause it.

The team worked with 38 healthy adults and asked them about their diets.

White bread provides hemi-cellulose and resistant starch, which encourages the spread of *lactobacillus*. The health benefits associated with *lactobacillus* include fever symptom reduction to protecting against salmonella. **THE ASSOCIATED PRESS**

3
LIFE

Money 101. Two couples, one year to make them richer

Oh, baby! Look at those numbers grow



I'm a financial coach guiding young Canadians to financial success, and since January 2014 I've coached two couples. In only six months, they've grown their combined net worth by more than \$46,000. Want to learn how? Follow along as I coach them for the remainder of 2014. — *Lesley-Anne Scorgie/for Metro*



Part of Anne-Marie and Peter's parenting to-do list is to start a registered education savings plan. SHUTTERSTOCK



Carolina and Jose kept moving costs down by relying on close friends and family for help. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter welcomed their daughter into the world at the end of May.

They're thrilled to be new parents as they adjust to feeding and sleeping schedules along with reduced maternity leave income.

What's top-of-mind for the couple is establishing their daughter's registered education savings plan (RESP).

They completed the government forms in the hospital to set up her social insurance number and birth certificate, and can now meet with their local bank to establish the account.

An RESP allows parents to save for their child's education and benefit from government grants of up to \$7,200 through the Canadian Education Savings Grant and \$2,000 through the Canada Learning Bond (for lower income families) over the lifetime of the account.

Parents are allowed to contribute up to \$50,000 over the lifetime of the account.

Like any savings program, the earlier you save, the greater the money benefits from the power of

| Anne-Marie and Peter recap | |
|--|---|
| • Location: Toronto | ing off debt. |
| • Ages: 37 and 33 | • Rent or own: Rent |
| • Occupations: Broadcasting and sports editing | • Top goals for 2014: pay off debt, start an RESP, and start saving a down payment. |
| • Total household income: \$110,000 | • Current net worth: \$85,700 |
| • Life stage: First child arrived May 2014 | • Homework from last month: Evaluate balanced investments, have baby, apply for a SIN for the new baby and get ready to set up an RESP opportunities for Peter. |
| • Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to pay- | |

compounded interest and reinvested returns.

While Anne-Marie is on maternity leave they plan to contribute \$25 per month to the RESP and have reduced their aggressive debt repayment plans to \$200 from \$800 per month.

Peter is working diligently to secure freelance contracts valued at \$18,000 and finalize his life insurance coverage.

Once the couple has adjusted to their new schedule, they will return their attention to their invest-

ment portfolio: exploring various mutual, index and exchange traded funds that are suited to their balanced investment personalities.

Anne-Marie and Peter's net worth has improved \$19,700 since January.

Homework:

Anne-Marie and Peter will establish an RESP and select investments better suited to their investment profile. **LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.**

Carolina and Jose

Carolina and Jose took possession of their new home mid-June and set out to keep moving costs low — renting a moving van, leaning on family and friends for baby-sitting and sheer muscle. The couple has prepared well for their first 60 days, which can be the most expensive, by working through a financial checklist:

- Switch over utilities, insurance and taxes to equal monthly installments.
- Negotiating insurance rates and coverage through a broker.
- Setting aside approximately \$500 for carpet cleaning, furnace and water tank maintenance.
- Planning for at least an extra \$100 on their first grocery bill for "what if" expenses like cleaning supplies.
- Setting up mail forward services for approximately \$50.
- Ensuring they've got their first bi-weekly mortgage payment of approximately \$550 ready for withdraw.

Jose was able to negotiate pro-rated rent on their existing property for June as the couple took possession mid-month. They also worked with their mortgage broker to reduce their rate

| Carolina and Jose recap | |
|---|--|
| • Location: Calgary | no retirement savings, and are committed to paying off debt. |
| • Ages: 33 and 32 | • Rent or own: Own |
| • Occupations: Stay-at-home mom and roofing | • Top goals for 2014: Pay off debt, buy a house and visit family. |
| • Total household income: \$62,000 | • Current net worth: Minus \$7,300 |
| • Life stage: Three daughters aged five, three and one | • Homework from last month: Move into their new home without busting their budget. |
| • Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have | |

further to 2.99 per cent, taking advantage of the recent reductions in five-year fixed mortgage rates.

By using their recent tax refund, and a little extra cash from Jose's job since his raise took effect, they scraped together closing costs of approximately one per cent, or \$2,500, of the new home's value.

Amidst the moving excitement, the couple is also celebrating Jose's new role as a safety co-ordinator at his roofing company. Besides the timely bump in income, Jose's company is paying for his national construc-

tion safety officer certification, which will enhance his career prospects. Carolina is considering a part-time multi-level-marketing role with a skin care company, which she can do from home.

Carolina and Jose's net worth has improved \$26,400 since January.

Homework:

Jose and Carolina will work through their 60-day checklist and get comfortable in their new home.

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Trying to pick the perfect position? Get familiar with your personality

Psychological success. The authors of *Do What You Are* encourage young job seekers to mix their character with a career

LAKSHMI
GANDHI

Metro World News

On the surface, the advice that young people should select careers that fit their personalities seems obvious, but a quick look at the stats reveals that it's anything but.

A survey released last year by Gallup revealed that nearly two-thirds of employees from over 180 countries reported that they were "not engaged" at work and that a mere 13 per cent of employees currently feel passionate about their work.

None of the figures are surprising to Paul Tieger. For over 30 years, the question of how people can find the right career path for themselves has fascinated Tieger and driven his own career and work.

Along with Barbara Barron and his millennial-aged daughter Kelly Tieger, the author has just released the fifth edition of the book *Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type*, which is geared towards the current generation of professionals.

"When you are doing



something that is not about who you are, that's a prescription for burnout," says Tieger.

"We believe through lots of experience that the most important thing is to pick a job and career that

matches your personality," he continues. "Values, interests and skills are likely to change over time, but personality will not."

To that end, the book provides detailed exercises and examples to help guide

readers towards the perfect career for them. Both Paul and Kelly Tieger say that it's particularly important for younger professionals — the so-called millennial generation — to be aware of their personalities and

Know thyself

The more you know your personality, the better, say the Tiegers.

- Career changers who want to discover their exact personality type and profile can take a quiz at personalitytype.com/dowhatyouare.
- And don't fret. "Just because you are creative doesn't mean that you are doomed to never make money," says Kelly Tieger. It just means that you creatively have to find the right path for yourself.



gravitate towards fields where they can give themselves the time and space they need.

See if you can make a lateral move

If you are certain that your current department or environment isn't working for you, see if you can make a lateral move within your organization, advises Kelly Tieger. Applying for a different position may not make a difference in your salary, but it will greatly enhance your quality of life.

Start early

If possible, the Tiegers say that you should examine fields that suit your personality as early as college. "Most people are asked to pick a college major when they are 19," says Paul Tieger. "And most people don't have a clue at that age. But you're probably not going to get someone who is philosophical and artsy to go on Wall Street."

unique needs when deciding what to do next in their professional lives. They share these tips on how to find what's right for you:

Ignore the 'trendy jobs'

"It's a difficult economy, so it can be hard to buck the trend," notes Kelly Tieger. But while considering the current so-called trendy jobs, it's also important to be realistic. "Think of the typical artistic type," says Paul Tieger. "Those people really need to be true to themselves. The key is understanding what your strengths are."

He notes that people who know that they would stress out in environments with tight deadlines should



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The unexpected majors of celebs

Before these stars were red-carpet regulars, they were ordinary post-secondary students who declared their majors and took prerequisite classes just like everyone else. Find out which celebrity shared your major below.

METRO WORLD NEWS IN NYC



Kourtney Kardashian

The only one of the Kardashian sisters to earn a university degree, the reality star graduated from the University of Arizona with a bachelor in theatre arts and a minor in Spanish.



Ashton Kutcher

Before he rose to fame playing the dumber-than-a-box-of-rocks Kelso on *That '70s Show*, the sitcom star and producer was planning to study biochemical engineering at the University of Iowa.



Carrie Underwood

A year after winning *American Idol*, Underwood graduated magna cum laude from Oklahoma's Northeastern State University with a bachelor's degree in mass communication with an emphasis in journalism in 2006.



Jon Hamm

Decades before his character Don Draper enthralled fans, Hamm was an English major at the University of Missouri, even briefly teaching middle school after graduation.

'Round the world wisdom

Awaken yourself to brand new possibilities



LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Closure is never as simple as it appears from the outside looking in. Within hours of crossing the finish line of my first multi-day ultra-marathon and reaching the end of

an emotionally charged six-month project, I experienced a feeling of emptiness. Just like that, it was over.

Twenty-four hours later, on the plane bound for home, I reflected on my experience in the Gobi. I had felt more alive than ever before, despite being completely exhausted. My rational brain called out for me to put my feet up and resume life as it had been before, while the emotional side was drawn by a gravitational pull toward what could or should be next — a common sensation for anyone completing a long journey.

By the time I landed, my bucket list had grown by 100 new items, each one an event with the potential of yielding another once-in-a-lifetime experience.

My intent was simple: Each year, I would purposefully knock two or three of them off the list. At the age of 45, my own finish line had suddenly come into focus, along with the fact that I was closer to

the end of my own "race" than the beginning. This realization was a tipping point, triggering the urge to live without regret and stop delaying nourishing pursuits.

Upon my return, I queried my family about their own dreams and ambitions so we could merge our lists.

I broke down the "buckets" by category: things to see, things to accomplish, things to do, and things to learn. I then attached a "by when" date, a specific deadline so the item would find a place in my calendar.

Finally, I wrote out who I would do each one with: family, spouse, kids, business partners, friends, strangers, or solo.

Sometimes, coming out of a difficult journey offers an unexpected gift: the presence of mind to finally think about everything else that is possible before it is too late.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)



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FLASH FOOD



From your fridge
to your table in
30 minutes or less

I love chicken, beef and shrimp satays, but if you're a vegetarian or you just want a healthy alternative for protein, try these Tofu and Veggie Satays with Black Bean Hoisin Sauce.

Tofu is a form of soybeans that is made by curdling soy milk and then being pressed into a sliceable cake. There are a few choices when it comes to tofu. Your best bet is to buy firm tofu because medium tofu is too soft and the extra firm too tough.

Once opened, cover unused tofu with water in a container and refrigerate for up to three days.

A four-ounce (half a cup) serving of firm tofu con-

tains only 120 calories, seven grams of fat and as much calcium as an eight-ounce (one cup) serving of cow's milk. Compare this to beef, which has more than 200 calories and 15 grams of fat per four-ounce serving.

Health-wise, tofu is known the lower the risk of heart disease, certain cancers, Type 2 diabetes, and obesity.

Flavour-wise, tofu absorbs whatever flavours it's cooked with, which makes it versatile.

When grilling, be sure to cook on a medium heat so you don't char the tofu or vegetables which can cause carcinogens.

Feel free to substitute the vegetables of your choice and adding a fruit such as mango, papaya or peach would be delicious.

Directions

1. Thread bell peppers, onion and tofu alternately on 4 long or 8 short wooden or metal skewers, dividing the vegetables evenly among them. (If using wooden skewers, soak them for at least 20 minutes

in water before using them.)

2. Sauce: Whisk the hoisin sauce, sugar, black bean sauce, low-sodium soy sauce, sesame oil, freshly minced garlic and ginger in a bowl until smooth.

3. Spray a barbecue or a non-stick grill pan with cooking oil and heat to medium.

4. Grill the Tofu and Veggie Satays with Black Bean Ho-

sin Sauce, turning occasionally, for 10 minutes or until browned on all sides.

5. Brush half the sauce over the satays and continue cooking, turning occasionally, for another 10 minutes or just until the vegetables are soft. Garnish with cilantro and serve with the remaining sauce on the side.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving: 240 calories; 38.7 carbohydrates; 5.3 g fibre; 9.9 g protein; 7 g total fat; 1 g

saturated fat; 0.5 mg cholesterol; 501 mg sodium

Ingredients

- 1 large green bell pepper, cut into 16 squares
- 1 large red bell pepper, cut into 16 squares
- 1/2 sweet onion, cut into 16 pieces
- 12 oz firm tofu, cut into 16 cubes (2-inch squares)
- 1/4 cup hoisin sauce
- 1/4 cup packed brown sugar
- 5 tsp black bean sauce
- 5 tsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- 1/4 cup chopped cilantro or parsley

Sauce

Stuffing 'steak for vegetarians'

If you're looking for the perfect side dish or main vegetarian meal, portobello mushrooms come to the rescue. These hearty mushrooms are known as "steak" for the vegetarian. Stuffed with a delicious combination of spinach, goat cheese and baby spinach, this recipe is a satisfying meal.

1. Spray a baking dish with vegetable oil.

2. Combine egg and milk. Dip portobellos in egg wash and then in the bread crumbs.

Ingredients

- 1 egg
- 2 tbsp 2% milk
- 4 medium portobello mushrooms (stems removed)
- 1/2 cup seasoned dry bread crumbs
- 2 tsp vegetable oil
- 1 cup finely chopped onions
- 2 tsp chopped garlic
- 1/2 cup finely chopped mushroom stems
- 1/2 cup finely diced red bell pepper
- 3 cups fresh baby spinach
- 1/4 cup grated Parmesan cheese
- 2 tsp olive oil
- 3 tbsp chopped black olives
- 1/3 cup crumbled goat cheese



This recipe serves two. ROSE REISMAN

Spray mushrooms with oil.

3. Place in 400 F (200 C) oven for 15 minutes. Remove from and set the oven to broil.

4. Meanwhile, in skillet, heat oil and sauté onions until softened. Add garlic and chopped

mushroom stems and cook 5 minutes until tender. Add peppers and spinach and cook until wilted, 2 minutes. Add Parmesan, olive oil and olives. Divide over top of mushroom caps and dot with cheese. Broil 1 minute, just until goat cheese is browned. **ROSE REISMAN**

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France 3, Honduras 0

Benzema a force to begin tourney

Karim Benzema scored twice and created a third that was confirmed by goal-line technology as France beat Honduras 3-0 Sunday in its first World Cup match.

The dominant win was a relief for France, whose team of highly paid players failed to win in South Africa and was sent home in a disgrace after going on a training strike.

"Winning 3-0 at a World Cup isn't easy," France coach Didier Deschamps said. "(The players should) savour the moment, there's nothing more wonderful."

THE ASSOCIATED PRESS

Switzerland 2, Ecuador 1

Swiss earn comeback win in stoppage time

Switzerland grabbed a winner with virtually the final kick to earn a 2-1 victory over Ecuador in the World Cup on Sunday, extending a run of come-from-behind wins that are becoming a theme of the tournament.

With just seconds left in the third and final minute of stoppage time, substitute Haris Seferovic finished off a length-of-the-field move by slamming home a close-range shot. After wild Swiss celebrations, Ecuador's shell-shocked players barely had time to restart before the final whistle was blown.

It was the fifth time in the first nine matches in Brazil that a team had come from a goal down to win — but this was the most dramatic of all the comebacks.

THE ASSOCIATED PRESS



Argentina's Lionel Messi scores against Bosnia in Rio de Janeiro on Sunday. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Leo powers Argentine machine past Bosnia

World Cup. Messi's 65th-minute goal proves to be difference in Group F match

Lionel Messi scored a stunning second-half goal to push Argentina to a 2-1 victory over World Cup debutant Bosnia at the Maracana stadium on Sunday in the Group F opener for both teams.

Messi lifted Argentina in the 65th minute, moving in from the right and strik-

ing a low left-footed shot off the inside of the post behind Bosnian keeper Asmir Begovic. It was just the second World Cup goal for Messi, adding to one he scored eight years ago in Germany.

Vedad Ibisevic scored a close-in goal in the 85th to give Bosnia hope.

Bosnia got the worst possible start to its first World Cup when Sead Kolasinovic scored an own goal after just three minutes.

Messi sent a free kick from the left flank into the penalty area that Marcos Rojo barely touched before

the ball bounced off Kolasinovic's foot into Bosnia's goal. Bosnia bounced back after the early setback, making Argentina's lead look shaky.

For much of the match Argentina struggled to find ways to create danger as Bosnia gave Messi no space to work his magic.

Coach Alejandro Sabela put in striker Gonzalo Higuain at halftime allowing Messi to take a step back. That shift proved crucial, getting the Barcelona star more involved in the action.

THE ASSOCIATED PRESS

Standoff in Rio

A Brazilian police officer can be seen on an Associated Press video firing what appears to be a live pistol round at anti-World Cup protesters Sunday near Rio de Janeiro's Maracana soccer stadium.

- During the small but violent protest, another man in plainclothes who identifies himself as a police officer also pulls a pistol and fires two shots into the air near the stadium.

Kaymer dominant in winning U.S. Open



Martin Kaymer reacts after completing his eight-stroke win at the U.S. Open on Sunday in Pinehurst, N.C. STREETER LECKA/GETTY IMAGES

Martin Kaymer returned to the elite in golf with a U.S. Open victory that ranks among the best.

A forgotten star for two years while building a complete game, Kaymer turned the toughest test of golf into a runaway at Pinehurst No. 2 on Sunday to become only the seventh wire-to-wire winner in 114 years of the U.S. Open.

Kaymer closed with a 1-under 69 — the only player from the last eight groups to break par — for an eight-shot victory over Rickie Fowler and

Pulling away early

65

Martin Kaymer set the U.S. Open record with back-to-back rounds of 65 to set the pace at 10-under 130 through Friday.

Erik Compton, the two-time heart transplant recipient and the only player who even remotely challenged the 29-year-old German.

So dominant was Kaymer that no one got closer than four

shots over the final 48 holes.

Only a late bogey kept Kaymer from joining Tiger Woods and Rory McIlroy as the only players to finish a U.S. Open in double digits under par. He made a 15-foot par putt on the 18th hole, dropping his putter as the ball fell into the centre of the cup, just like so many other putts this week.

"No one was catching Kaymer this week," Compton said, who closed with a 72. "I was playing for second. I think we all were playing for second."

THE ASSOCIATED PRESS

Navarro helps Jays get even with O's

MLB. Toronto steals a win in Baltimore to split series and tighten their loosening grip on division lead

Home-field advantage hasn't taken hold this season for the Baltimore Orioles, especially when Chris Tillman is on the mound.

The Orioles wasted a fine pitching effort by Tillman and lost to the Toronto Blue Jays 5-2 Sunday, leaving Baltimore with an unsatisfying split of the four-game series.

The defeat dropped the Orioles 4 1/2 games behind the first-place Blue Jays in the AL East and dropped their record at Camden Yards to 16-17.

Baltimore went 5-5 during a homestand against Oakland, Boston and Toronto.

"Obviously when you play at home, you want to play a little above .500," said Adam Jones, who hit his 11th homer for the Orioles. "We're playing some good teams. That's the beauty of it. The competitive level is rising and it's fun to see."

Tillman (5-4) allowed three runs and eight hits in seven innings. He's 0-4 with a 2.78 ERA at home and 5-0 with a 6.33 ERA on the road.

Stepping up

"You can count on the little guys sometimes."

The Blue Jays' Dioner Navarro

On Sunday

5

Blue Jays

2

Orioles

"That's how it goes in baseball," Jones said. "He threw the ball well today. Unfortunately, we were unable to score him some runs."

Tillman didn't issue a walk or record a strikeout.

"I'm trying to make these guys put the ball in play as soon as possible," the right-hander said. "If that's the way it's going to be, fine. I'm going to take it."

Nelson Cruz had three hits and his major league-leading 56th RBI for the Orioles, who are 17-11 against division foes.

J.A. Happ pitched effectively into the seventh inning and Dioner Navarro had three hits and two RBIs to help the Blue Jays forge a split.

"It means a lot," Navarro said.

"It's a good series in general. We made some good plays, we got some clutch hitting," Toronto slugger Jose Bautista said. "A series split on the road against the second-place team is something to not be too upset about."

Edwin Encarnacion also had three hits for the Blue Jays, who had totalled 15 runs in losing six of their previous eight games. Led by Navarro, Toronto banged out 12 hits against Tillman and two relievers.

THE ASSOCIATED PRESS



Starting pitcher J.A. Happ of the Toronto Blue Jays throws to a Baltimore Orioles batter during the fifth inning at Oriole Park at Camden Yards on Sunday in Baltimore. ROB CARR/GETTY IMAGES

MLB. Marlins rally past Pirates after McGehee's sacrifice fly in the 10th

Casey McGehee completed his sacrifice-fly trot near first base, then started toward the Miami Marlins dugout and was met by the sight of the entire team gleefully sprinting toward him.

McGehee, who has delivered plenty of clutch hits this season, started a celebration Sunday with an out.

He tied the game in the eighth inning with a two-out, two-run double, then drove

home the winning run with a sacrifice fly in the 10th, and the Marlins averted a series sweep by beating the Pittsburgh Pirates 3-2 Sunday. Miami earned its sixth walkoff win and broke a three-game losing streak.

"It's one of those feelings you can't really describe," said McGehee. "It's a special feeling because you've been grinding for however many innings ..."

THE ASSOCIATED PRESS

MLB. Cleveland completes comeback with Swisher's winning homer in the 11th

Nick Swisher finally has something to savour in a tough season — a game-winning homer.

He had spent 16 days on the disabled list before being activated Thursday. He was batting just .203 when he came to bat in the 11th inning on Sunday.

Then he led off the inning with his fourth homer of the season, giving the Cleveland Indians their second straight 3-2 comeback win over the



Nick Swisher celebrates his game-winning homer. GETTY IMAGES

Boston Red Sox.

THE ASSOCIATED PRESS

Scan the image to view a gallery of the Stanley Cup celebrations in Los Angeles

NBA Finals. Still unclear whether Duncan will hang up his Spurs after series

Annual traditions are everywhere in San Antonio.

There's the way the famed Riverwalk is transformed into a sea of lights at holiday time. Fiesta Noche del Rio, a summer-long outdoor performance of song and dance that dates back more than half a century. A huge rodeo, taking over the city for about three weeks every winter.

And of late, there's been the Tim Duncan Watch.

Unlike the others, this is one San Antonioians dread.

Someday, the star of the San Antonio Spurs will retire, though if he knows when, he's not telling.

He entered Game 5 of the NBA Finals on Sunday night one win away from what would be his fifth championship ring, and speculation has been ram-

Sundays game

For coverage of Game 5 of the NBA Finals go to metronews.ca



pant that if the Spurs topple the Miami Heat and end their reign atop the league that Duncan might finally feel like the time is right to end what will surely be a Hall of Fame career.

"I don't have any plans on doing anything," Duncan said Saturday. "I'm going to figure it out when it comes. I'm not saying I'm retiring. I'm not saying I'm not retiring ... I'm going to figure it out as it goes. I've always said if I feel like I'm effective, if I feel like I can contribute, I'll continue to play."

THE ASSOCIATED PRESS

NBA

Knicks hope to hold on to Melo

Carmelo Anthony wanted New York, and the Knicks wanted him. Now, a little more than three years after the trade that brought them together, Anthony could decide to leave.

The Knicks would like him to stay, but they realize he will have some appealing options if, as expected, he tests free agency.

"I would love to have the opportunity to work closely with Carmelo," said new Knicks coach Derek Fisher.

THE ASSOCIATED PRESS

Rugby

Canada loses tight battle with Scots

Canada may have been within a couple of points of knocking off a Tier 1 rugby team Saturday, but there was no celebrating in the Canadian locker-room.

A controversial penalty in the dying minutes made sure of that.

The Canadians dropped a 19-17 decision in an international Test match at BMO Field to Scotland — a country that sits a full eight positions higher than them on the world rankings.

THE CANADIAN PRESS



Kings return to the throne

London, Ont.'s Drew Doughty celebrates the Los Angeles Kings' Stanley Cup-clinching Game 5 win over the New York Rangers on Friday night in Los Angeles. "Next year, we're going to want to win it again," Doughty said Friday night after the Kings' double-overtime victory. With two NHL championships in three years, the Kings are building a hockey dynasty in an unlikely place. CHRISTIAN PETERSEN/GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

The Sun remains in the communications area of your chart until the 21st, so if there are things you need to say it might be best to say them now. Avoid confusion by making sure your words are simple.

Taurus

April 21 - May 21

Money matters will take up a lot of time today. It may all seem trivial but you must take it seriously. The more financial loose ends you tie up now the more fun you can have later on.

Gemini

May 22 - June 21

The last few weeks have been enjoyable and there's no reason why the next few days should not be fun as well. However, with Mercury, your ruler, moving retrograde some issues need to be taken seriously.

Cancer

June 22 - July 23

Do you have a clear idea of your long-term ambitions? If not you would be wise to get your thoughts in order over the next few days. Vague daydreams won't come true.

Leo

July 24 - Aug. 23

Be careful you don't let slip any personal information today or you could find it being used against you by a rival. Sometimes you can be too trusting for your own good.

Virgo

Aug. 24 - Sept. 23

When the Sun moves into one of the more positive areas of your chart next weekend you can speak up and let powerful people know why you oppose them. For now though you are advised to bite your tongue.

Libra

Sept. 24 - Oct. 23

Make the most of the Sun's last few days in your fellow Air sign of Gemini to do the things you really enjoy. When the Sun changes signs on the 21st you will find yourself loaded down with new responsibilities.

Scorpio

Oct. 24 - Nov. 22

Get your financial affairs in order. If you need to cut costs then do what has to be done, even if it affects your quality of life in the short-term.

Sagittarius

Nov. 23 - Dec. 21

You may be tempted to bring a partnership of some kind to a close but don't be too hasty. The planets indicate there is life in it yet, so hang in there and find ways to make it work.

Capricorn

Dec. 22 - Jan. 20

You'll have to accept more of a supporting role over the next few days. Capricorn is a cardinal sign, which means you like to take the lead, but sometimes it's better to let others take responsibility.

Aquarius

Jan. 21 - Feb. 19

When the Sun changes signs next weekend your workload is likely to increase so the fewer things you have on the go now the better. Cut back on commitments and take a break.

Pisces

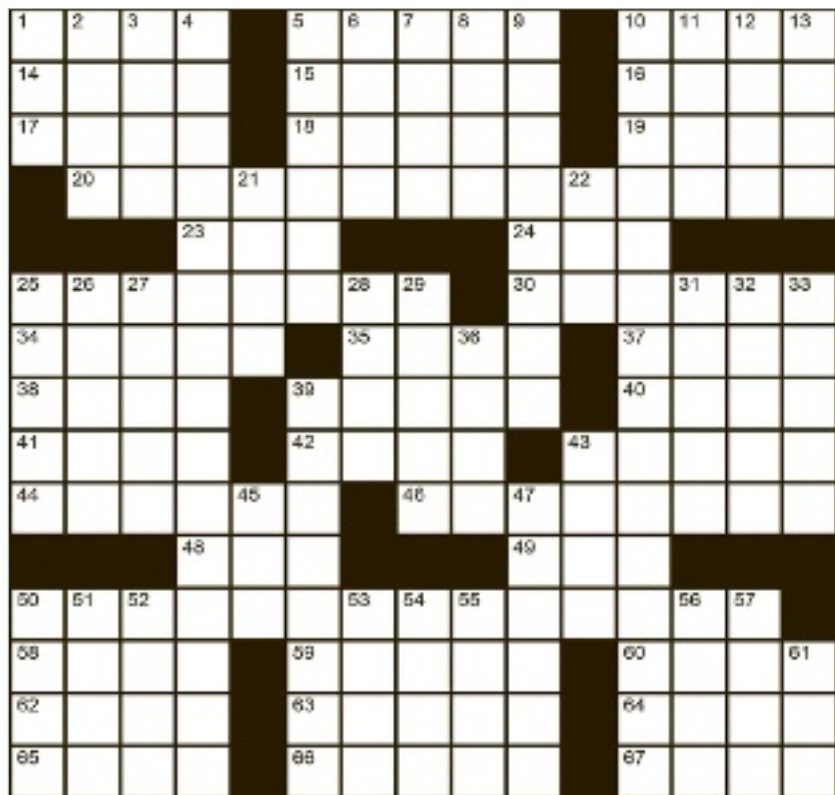
Feb. 20 - March 20

You have so much to look forward to so why are you still looking back and lamenting what might have been? Whatever the reason you need to snap out of it or you may not even notice new opportunities. Be positive. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Iridescent gem
- Linguist Mr. Chomsky's
- Was there
- Orchestra stand-out
- Take apart the Hoover, say
- Antarctica's Prince ___ Coast
- "Star ___"
- Hence...: 2 wds.
- Road style
- 'Vancouver's First Lady of Jazz' - Trail-blazing singer/actress whose many credits include hosting her own weekly variety show on the CBC: 2 wds.
- Canadian engineering group, ___ -Lavalin
- Funny! ___-hee!
- Margaret Laurence novel, the 1974 Governor General's Award for Fiction winner, The ___
- Greek Myth: Queen of Troy
- British novelist Ms. Bagnold's
- Prefix to 'ferous' (Conveying air)
- Therefore
- Postpaid mailing encl.
- Novelist/poet Elinor (b.1885 - d.1928)
- "That's fine then.":



2 wds.

- Fast food titan Ray
- No: German
- Trim
- ___ lights (Movie premiere sights)
- "Definition", for one: 2 wds.
- Tit-for-___
- Pasta names suffix

- Serena Ryder hit: 4 wds.
- ___-hoop
- Like a TV series airing this very minute: 2 wds.
- Sea eagles, variably
- Awestruck
- Queen: Spanish

- Particle
- Carry
- Ms. Sagal
- Detect
- Baseball great Mel
- Genuine
- Brother of Cain
- Summery retreat as in The Muskokas in

- Ontario: 2 wds.
- Fine difference
- "Step ___ pets." (Furry friends palindrome)
- Env. info
- Fem. opposite
- Made-in-a-blender beverage
- Some antique

store purchases: 2 wds.

- Half of a Basque court game
- Music: Manfred
- Garden of Eden lady, and namesakes
- Ms. Jillian's
- Jeans brand
- Office furniture pieces
- "___ economy is always beauty." - Henry James
- Tennis player's topper
- Showbiz performer Martha
- Bud __, MLB Commissioner
- "Yup."
- Good, in Genoa
- Lopsided
- Actress Ms. Morelli
- "Come Dine with Me Canada" airer,
- Actor Sean
- Actress Ms. Ling
- Fairgrounds section
- "Come again??"
- Men's label, ___ Boss
- Commonly: 2 wds.
- Vitamins brand, ___ Day
- Building block
- Sole
- Fall
- Catch ___ ('Get')
- Prepared

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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will be 14 days from now.
Check the 14 day trend.

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